



## Health Topic of the Month: Diabetes

November is American Diabetes Month.

Diabetes, marked by high blood sugar, can lead to many serious diseases, including heart disease and stroke. One in twelve adults and children in the United States have diabetes, but there are likely seven million undiagnosed cases.

That is why it's important to schedule an appointment with your doctor to get your blood sugar tested. You can prevent or delay the onset of type 2 diabetes with a healthy diet, exercise and weight management.

Remember, preventive care can help keep you healthy. As your health insurer, Aetna is committed to providing resources that promote wellness. You can always learn more by visiting us online at [www.aetna.com](http://www.aetna.com). And make sure you're registered with Aetna Navigator, which can help you look up a claim, find doctors and more.

To learn more about diabetes, visit [www.diabetes.org](http://www.diabetes.org)

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